

# August 2011

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31	1	2

**Schools Meals are  
Setting Healthy Plates  
for Healthy Kids!**

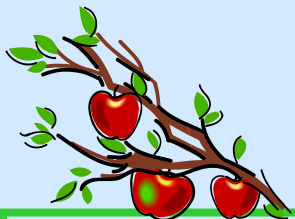
**Contact the school food  
service department to see  
what healthy changes we  
are making!**



**Simple tips to building a  
healthy plate:**

1. Make half your plate fruits and vegetables.
2. Make at least half your grains whole grains.
3. Drink water or milk instead of sugary drinks.





# September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

**Schools Meals are Setting Healthy Plates for Healthy Kids!**

**Contact the school food service department to see what healthy changes we are making!**



Simple tips to building a healthy plate:

1. Make half your plate fruits and vegetables.
2. Make at least half your grains whole grains.
3. Drink water or milk instead of sugary drinks.





# October 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31	1	2	3	4

**Schools Meals are Setting Healthy Plates for Healthy Kids!**

**Contact the school food service department to see what healthy changes we are making!**



Buying fruits and vegetables in season saves money.

Fall seasonal produce includes: Apples, Grapes, Pears, Mandarin Oranges, Apples and Bananas

Broccoli, Cucumbers, Lettuce, Pumpkin, Squash and Sweet Potatoes





# November 2011

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	1	2

**Schools Meals are Setting Healthy Plates for Healthy Kids!**

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Practice building a healthy plate for family meals.

Family meals are good for children and their parents!

Enjoy family meals as often as you can; which helps children perform better in school, eat better and have healthier weights.



# December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	30	31

**Schools Meals are Setting Healthy Plates for Healthy Kids!**

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Buying fruits and vegetables in season saves money.

Winter seasonal produce includes:  
Mandarin Oranges, Sweet Oranges, Pears, Tangerines, Apples and Bananas

Broccoli, Cabbage, Cauliflower, Greens, Turnips, and Avocado





# January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31	1	2	3

**Schools Meals are Setting  
Healthy Plates for Healthy  
Kids!**

**Contact the school food  
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making!**



Healthy beverage choices round  
out a balanced plate. For  
children and adults, the best  
beverage choices are water and  
milk.



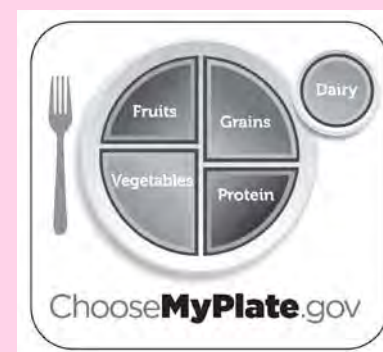


# February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	1	2

**Schools Meals are  
Setting Healthy Plates  
for Healthy Kids!**

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Try some new whole grain  
foods with your family such  
as:

Brown rice  
Wild rice  
Whole grain pasta  
Whole grain tortillas  
Whole grain barley and  
Whole grain cornmeal





# March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

**Schools Meals are Setting Healthy Plates for Healthy Kids!**

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Buying fruits and vegetables in season saves money.

Spring seasonal produce includes:  
Berries, Mangos, Sweet Oranges, Apples and Bananas

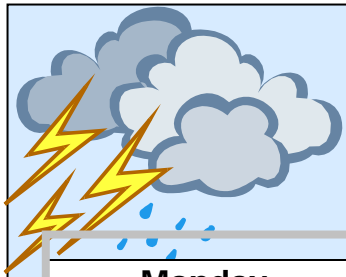
Beans, Asparagus, Broccoli, Cucumbers, Peas, Spinach, and Radishes



Developed by the Montana Team Nutrition Program [http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/OToolkits.html](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/OToolkits.html)

Adapted from Team Nutrition Michigan and North Carolina's Division of Public Health Nutrition Services Branch





# April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	1	2	3	4

## Schools Meals are Setting Healthy Plates for Healthy Kids!

Contact the school food service department to see what healthy changes we are making!

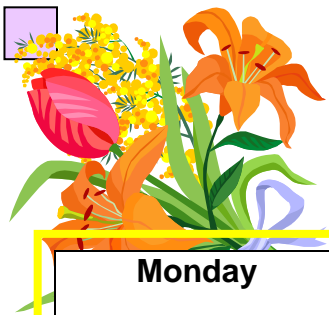


Support Montana Food Producers by purchasing locally grown foods such as grains, meats and fruits and vegetables. Many Montana-grown fruits and vegetables are available in the summer and fall. Locally grown meats and grains are available all year long.



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Adapted from Team Nutrition Michigan and North Carolina's Division of Public Health Nutrition Services Branch



# May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	1

**Schools Meals are  
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Use this My Plate model to  
build healthy breakfast meals  
and snacks.

Aim for 3 of the 4 sections of  
the plate and a milk for  
breakfast.

Aim for 2 of the 4 sections of  
the plate and milk or water for  
a snack.



# June 2012

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

**Schools Meals are Setting Healthy Plates for Healthy Kids!**

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Buying fruits and vegetables in season saves money.

Summer seasonal produce includes:  
Berries, Cherries, Grapes, Melons, Peaches, Pears, Plums

Beans, Carrots, Corn, Cucumbers, Summer Squash, Tomatoes, Beets, Lettuce

